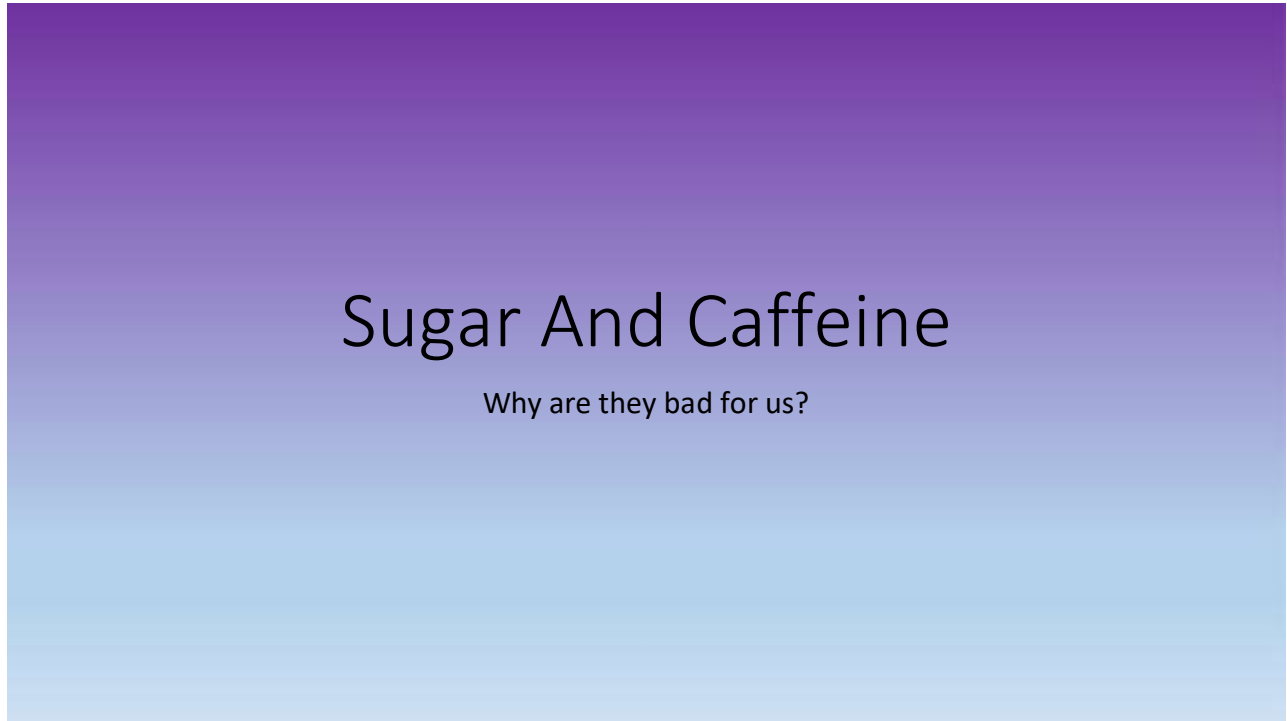


Sugar and Caffeine Power Point

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Tips for Limiting Sugar and Caffeine

- **Drink water!**
- **Avoid drinking soda**
- **Limit sugary drinks like fruit juice and Gatorade**
- **Limit sweet treats**
- **Mix up your breakfast choices: Don't eat sugary cereals every day**
- **Snack on fruits and vegetables**
- **Avoid other drink choices with caffeine like coffee and tea**

Exit Slip

Name 2 reasons why soda is an unhealthy drink choice.

You can either write your answer in the blanks, or tell your teacher on the way to get in line

Cumulative Verbal Assessment

Teacher should ask these questions to each student verbally in a 1 on 1 setting

- 1) Name 2 things you can do to protect yourself from the sun**

- 2) What are the 2 things we need to do every day to take care of our teeth?**

- 3) How many hours of sleep should we get each night?**
 - A) 6
 - B) 8
 - C) 10
 - D) 24

- 4) Why is soda an unhealthy drink choice?**

- 5) To prevent getting sick, what should always we do before eating, after using the bathroom and after touching anything that might have germs on it?**